

Start weight (kg)	5% loss = (kg)	Goal weight (kg)	Start weight (kg)	5% loss = (kg)	Goal weight (kg)	Start weight (kg)	5% loss = (kg)	Goal weight (kg)	Start weight (kg)	5% loss = (kg)	Goal weight (kg)	Start weight (kg)	5% loss = (kg)	Goal weight (kg)	Start weight (kg)	5% loss = (kg)	Goal weight (kg)
65	3.2	61.8	90	4.5	85.5	115	5.7	109.3	140	7.0	133.0	165	8.2	156.8	190	9.5	180.5
65	3.3	62.7	91	4.5	86.5	116	5.8	110.2	141	7.1	133.9	166	8.3	157.7	191	9.5	181.5
67	3.3	63.7	92	4.6	87.4	117	5.8	111.2	142	7.1	134.9	167	8.3	158.7	192	9.6	182.4
68	3.4	64.6	93	4.6	88.4	118	5.9	112.1	143	7.2	135.8	168	8.4	159.6	193	9.6	183.4
69	3.5	65.5	94	4.7	89.3	119	5.9	113.1	144	7.2	136.8	169	8.5	160.5	194	9.7	184.3
70	3.5	66.5	95	4.7	90.3	120	6.0	114.0	145	7.3	137.7	170	8.5	161.5	195	9.7	185.3
71	3.6	67.4	96	4.8	91.2	121	6.0	115.0	146	7.3	138.7	171	8.6	162.4	196	9.8	186.2
72	3.6	68.4	97	4.8	92.2	122	6.1	115.9	147	7.4	139.6	172	8.6	163.4	197	9.8	187.2
73	3.6	69.4	98	4.9	93.1	123	6.1	116.9	148	7.4	140.6	173	8.7	164.3	198	9.9	188.1
74	3.7	70.3	99	4.9	94.1	124	6.2	117.8	149	7.5	141.5	174	8.7	165.3	199	9.9	189.1
75	3.7	71.3	100	5.0	95.0	125	6.2	118.8	150	7.5	142.5	175	8.8	166.2	200	10.0	190.0
76	3.8	72.2	101	5.0	96.0	126	6.3	119.7	151	7.5	143.5	176	8.8	167.2	201	10.1	190.9
77	3.9	73.1	102	5.1	96.9	127	6.3	120.7	152	7.6	144.4	177	8.9	168.1	202	10.1	191.9
78	3.9	74.1	103	5.1	97.9	128	6.4	121.6	153	7.6	145.4	178	8.9	169.1	203	10.2	192.8
79	3.9	75.1	104	5.2	98.8	129	6.4	122.6	154	7.7	146.3	179	9.0	170.0	204	10.2	193.8
80	4.0	76.0	105	5.2	99.8	130	6.5	123.5	155	7.7	147.3	180	9.0	171.0	205	10.2	194.8
81	4.0	77.0	106	5.3	100.7	131	6.5	124.5	156	7.8	148.2	181	9.1	171.9	206	10.3	195.7
82	4.1	77.9	107	5.3	101.7	132	6.6	125.4	157	7.8	149.2	182	9.1	172.9	207	10.3	196.7
83	4.1	78.9	108	5.4	102.6	133	6.6	126.4	158	7.9	150.1	183	9.2	173.8	208	10.4	197.6
84	4.2	79.8	109	5.4	103.6	134	6.7	127.3	159	7.9	151.1	184	9.2	174.8	209	10.4	198.6
85	4.2	80.8	110	5.5	104.5	135	6.7	128.3	160	8.0	152.0	185	9.3	175.7	210	10.5	199.5
86	4.3	81.7	111	5.5	105.5	136	6.8	129.2	161	8.1	152.9	186	9.3	176.7	211	10.5	200.5
87	4.3	82.7	112	5.6	106.4	137	6.8	130.2	162	8.1	153.9	187	9.4	177.6	212	10.6	201.4
88	4.4	83.6	113	5.6	107.4	138	6.9	131.1	163	8.2	154.8	188	9.4	178.6	213	10.6	202.4
89	4.4	84.6	114	5.7	108.3	139	6.9	132.1	164	8.2	155.8	189	9.5	179.5	214	10.7	203.3

1 kg = 2.2 pounds